



fitness

pilates

Helen Tardent, author of *Beautiful Pilates* and host of Australia's first Pilates show on *Aerobics Oz Style*, shows you in easy-to-follow instructions how to give yourself the Pilates edge with the third and final exercise in a three-part series on abdominal coordination.

The Coordination III

Focus: Abdominals, pelvic stability, flowing movement and coordination.

Precaution: If you feel any lower back discomfort, keep your toes in contact with the floor throughout the exercise. If you have any discomfort in your shoulders, reduce the range of your arm movement to a pain-free zone. If you have any neck discomfort, keep your head on the floor.

Level: Beginner to advanced

As you breathe out open your left leg to the side and then close it.

As you breathe in open both of your legs shoulder-width apart and close them back together **(2)**.

Keeping your chest lifted, breathe out as you bend your legs at the knees, touching your toes back onto the floor and return to the start position, sliding your toes along the floor as you reach your arms over your head and back onto the floor behind you.

Repetitions: 10



Lie on your back, with your legs stretched out flat along the floor and your inner thighs squeezed together. Stretch your arms out on the floor behind you and draw your navel firmly towards your spine. Sink the back of your ribcage down into the floor and relax your shoulders. Point your toes.

Breathe in as you bend your legs, sliding your toes along the floor until your knees are at a 90-degree angle, keeping your spine still, your abdominals firm and the back of your ribs anchored **(1)**.

Keeping your tailbone anchored, breathe out as you curl forward, lifting your chest, bringing your arms over your head towards your hips and stretching your legs straight up in the air.

Holding your hips still, breathe in as you open your right leg to the side and then close it.

